



Parks, Recreation & Facilities
Department



***Classes held every
Tuesday & Thursday
beginning March 2, 6:30PM***
Lawrence Str. Recreation Center
510 Lawrence Street

ANYONE CAN DO THIS!

Join our Balance Walking Class and learn how to burn up to 48% more calories than with regular walking.

Balance Walking is suited for anyone interested in increasing their level of activity and can be performed by people of all ages and fitness levels.

- Loaner poles are available to individuals who are new to the walking group.
- Newcomers to Balance Walking should arrive 15 minutes early. This allows us enough time to introduce you to the poling technique.

Professional Instruction by Millie Daniels

For more information : 770-794-5604

